

Department of Health and Human Services Maine Center for Disease Control and Prevention 286 Water Street # 11 State House Station Augusta, Maine 04333-0011 Tel: (207) 287-5671

Fax: (207) 287-3165; TTY: 1-800-606-0215

Directions for Washing Hands

HOW

- Wet hands with warm running water
- Place soap into palms
- Rub together to make a lather
- Scrub hands vigorously for 20 seconds
- Rinse soap off hands
- Dry hands with disposable paper towels, not on clothing





WHEN

After going to the toilet



Upon exiting animal areas





After removing soiled clothes and shoes